

FOR IMMEDIATE RELEASE

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MEMA TIPS FOR DEALING WITH THE EXTREME HEAT

- Many communities have set up cooling centers to assist those seeking relief from the oppressive heat. Locations and hours of operations are available by calling **2-1-1**.
- Slow down, avoid strenuous activity. Do not try to do too much on a during the hottest hours of the day.
- Drink plenty of water regularly and often, even if you do not feel thirsty.
- Limit intake of alcoholic beverages. They can actually dehydrate your body.
- Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.
- Stay indoors as much as possible.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate sweat, which cools your body. Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters and other community facilities that may offer refuge during the warmest times of the day.
- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen lotion with a high SPF (Sun Protection Factor) rating.
- Never leave children or pets alone in a closed vehicle.
- Check on family, friends and neighbors.

The Massachusetts Emergency Management Agency (MEMA) is the state agency responsible for coordinating federal, state, local, voluntary and private resources during emergencies and disasters in the Commonwealth of Massachusetts. MEMA provides leadership to: develop plans for effective response to all hazards, disasters or threats; train emergency personnel to protect the public; provide information to the citizenry; and assist individuals, families, businesses and communities to mitigate against, prepare for, and respond to and recover from emergencies, both natural and man made. For additional information about MEMA and All Hazards Preparedness, go to the MEMA website at www.mass.gov/mema. Also, follow MEMA on *Facebook* and *Twitter*.

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